

GROUP FITNESS TIMETABLE

ALBANY LEISURE & AQUATIC CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15AM	ZONE 30	KIMAX	ZONE 30	KIMAX	YOGA (45)	
8:00AM	AQUA ENERGY	STRONG SENIORS	AQUA ENERGY	STRONG SENIORS	AQUA ENERGY	
8:30AM		AQUA SPLASH		AQUA SPLASH		
9:15AM	FITBALL	KIMAX	RIP	ABT	KIMAX	KIMAX
10:15AM	ZUMBA GOLD	PILATES	YOGA (60)	PILATES	ZONE 30	
12:15PM	ZONE 30		AQUA FLOW			
4:30PM	ZONE 30		ZONE 30	ZONE 30	ZONE 30	
5:30PM	KIMAX	RIP	ZONE 30	PILATES		
6:00PM	AQUA DEEP		AQUA DEEP			
6:15PM	ZUMBA	YOGA (45)	KIMAX			

	GF ROOM
	GYM
	LEISURE POOL
	LAP POOL

NOTE: ALL PATRONS MUST BE OVER THE AGE OF 16 TO PARTICIPATE IN ANY ALAC GROUP FITNESS CLASS | TIMETABLE EFFECTIVE: DEC 2021

ZONE 30 30 MIN.

Zone 30 utilises the functional training frame along with expert programming to deliver a high intensity resistance based workout that will help increase your strength, mobility and anaerobic capacity. While a muscle activation warm-up is included in all Zone 30 classes, please arrive 10min prior to the start time to perform your own warm-up.

KIMAX 45 MIN.

This amazing program from Radical Fitness utilises free-standing boxing bags. No previous boxing experience or co-ordination required.

FITBALL 60 MIN.

A class designed to improve core strength and stability while challenging the body using a range of different exercises. Fitball is a program that caters for all fitness levels.

ABT 45 MIN.

Abs, butts and thighs is a class dedicated to building strength as well as toning the muscles in these often sought after areas. ABT will have you feeling great while firing up the fat-burning process at the same time.

YOGA 45/60 MIN.

Building strength, flexibility, stamina, balance and coordination, this slow flow class is suitable for all levels. Options are provided for complete beginners up to advanced students.

PILATES 45 MIN.

Control, activate and develop strength and coordination through our comprehensive Pilates class, designed for all levels.

STRONG SENIORS 45 MIN.

A resistance focused class that utilises gym based machines along with free weights. This program is aimed at helping participants improve strength, stability and overall fitness.

ZUMBA 45 MIN.

A Latin dance class like no other. All fitness levels welcome. Ditch the workout, join the party!

RIP 45 MIN.

A pre-choreographed class based around free weights, this class trains all the major muscles that make you feel strong, and all the minor ones that make you look and feel great. FEEL STRONG, BE STRONG.

AQUA ENERGY 45 MIN.

Formerly known as 'Fab 50s', Aqua Energy is a low impact, low intensity class that aims to improve your cardiovascular fitness, strength, stability and bone density. No swimming experience required.

AQUA SPLASH 45 MIN.

A low impact, moderate intensity class held in the leisure pool aimed to improve strength, flexibility and endurance. No swimming experience required.

AQUA DEEP 45 MIN.

This deep water class targets cardiovascular fitness, muscle strength and core stability with the aid of a buoyancy belt to help keep you afloat.

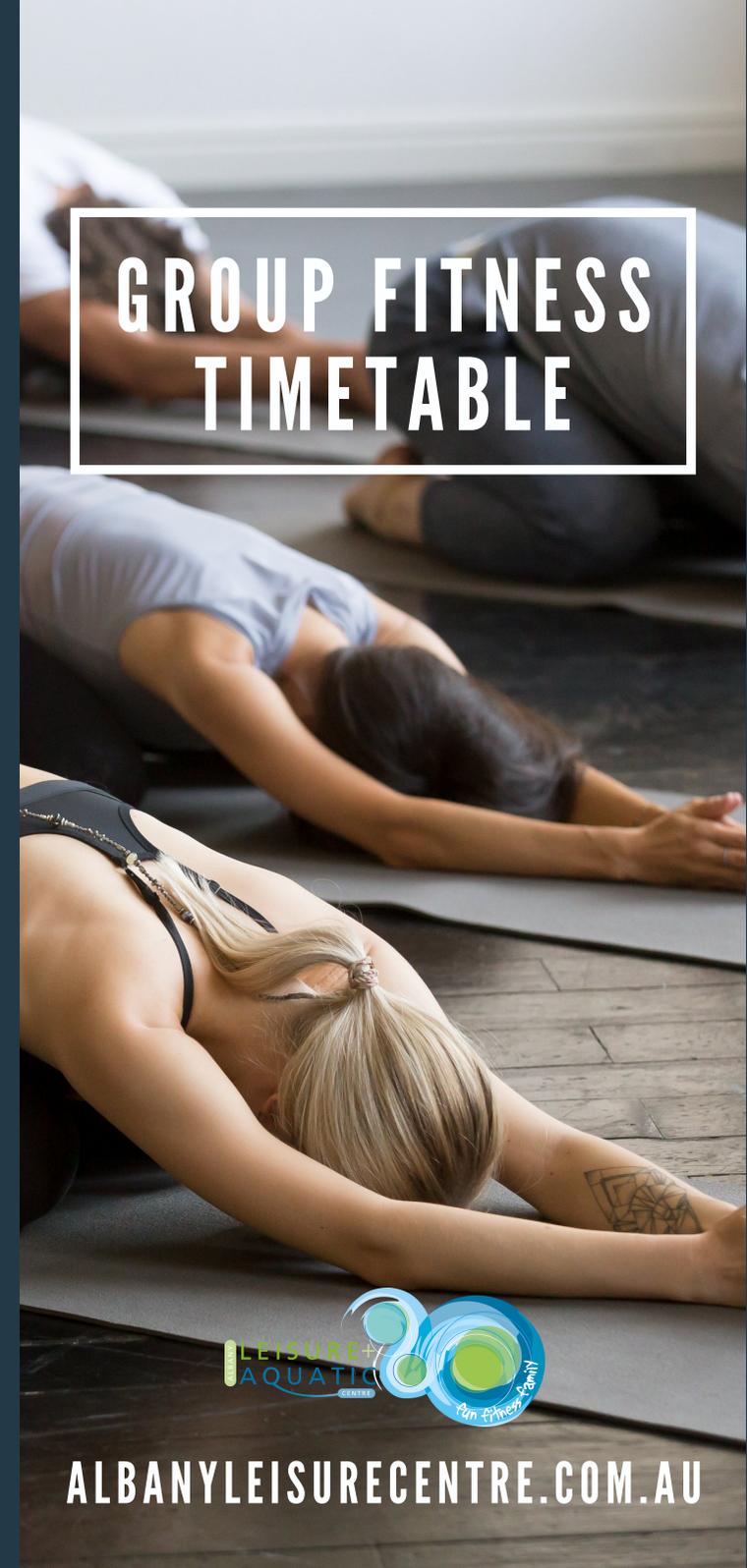
AQUA FLOW 45 MIN.

A low impact Aqua-Fitness class designed for the complete beginner, or for someone who loves Aqua-Fitness but also enjoys a slightly slower pace.

IT'S TIME TO GET FIT WITH ALAC!

Please note:
Patrons must be over the age of 16 to use the group fitness facilities.

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